



An Easy Read guide to...

getting it right *for every child*



What is **Getting it right for every child?**



There is a way of working for people who work with children.

You might not have heard of this way of working before.



This way of working has been brought in to help children in Scotland have a good life.



It does not change how parents should look after their child.

But it does change how people who work with you and your child can help.



People who work with you and your child are people like...

- doctors
- nurses
- teachers
- social workers.



When these people talk to you about your child they will probably talk about this way of working.



The way of working is called **Getting it right for every child**.

Getting it right for every child is sometimes shortened to **GIRFEC**.

It comes from the first letter of each word in **G**etting **I**t **R**ight **F**or **E**very **C**hild.



This guide is about what **Getting it right for every child** means for you and your child.

There are lots of parts to **Getting it right for every child.**

The 2 main parts are...



There are 8 things children and young people need to have a good life.



Every child will have 1 main contact person who can work with them and their family if they need help.

On the next few pages there is more information about what these parts mean for you and your child.



When people like doctors and teachers talk to you about **Getting it right for every child** they might use special words.

It is important to know about these words and what they mean.

When we have used the special words in this guide they are written in **blue**.

There is a list of these words and what they mean at the back of this guide.



There are 8 things children and young people need to have a good life.

What this means for you and your child



As a parent, you are the main person who cares for your child.

Throughout your child's life, lots of other people may play a part in helping them too.



This is people like...

- doctors
- nurses
- teachers
- social workers.

Part of their job is to help children have a good life.

Getting it right for every child says there are 8 things that every child needs to have a good life.



So people who work with you and your child can help you so your child has these 8 things.

The 8 things every child needs to have a good life are to be...



- safe
- healthy
- achieving
- nurtured
- active
- respected
- responsible
- included

You can read about what these words mean on the next pages. Taken together these 8 things are called **Wellbeing**.

Every child needs to be Safe

Being safe means things like...



Your child is kept away from dangerous things like fire and traffic



Your child has a safe place to live



Your child is protected from abuse



Your child is not bullied

Every child needs to be Healthy

Being healthy means things like...



Your child eats healthy food



Your child gets enough exercise



Your child is happy and feels good



Your child goes to the doctor and dentist when they need to

Every child needs to be Achieving

Achieving means things like...



Your child learns new things



Your child wants to work hard at school



Your child feels confident



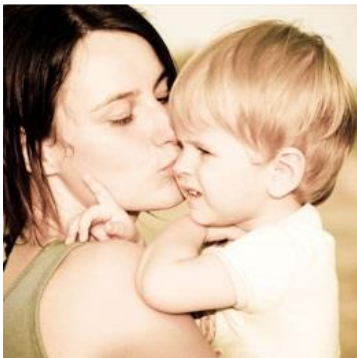
Your child gets praise when they do well

Every child needs to be Nurtured

Being nurtured means things like...



Your child is cared for



Your child knows they are loved by their family



Your child has someone to turn to when they are upset



Your child has daily routines for eating, sleeping and personal care

Every child needs to be Active

Being active means things like...



Your child plays at home



Your child plays outdoors.



Your child does fun things with the family



Your child does activities they like to do and tries out new skills

Every child needs to be Respected

Being respected means things like...



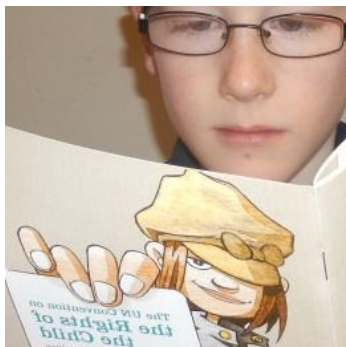
Your child is treated as an individual



Your child is listened to and taken seriously



Your child can keep reasonable things private



Your child's rights are respected at home, in the community and at school

Every child needs to be Responsible

Being responsible means things like...



Your child knows about right and wrong



Your child says sorry when they do something wrong



Your child has the right level of responsibility for their age.



Your child is trusted to do the right thing

Every child needs to be Included

Being included means things like...



You and your child get the support you need



Your child can be part of a group like Scouts, Brownies or a football group if they want.



Your child joins in with their friends and other children at school



Your child is not left out



These 8 things that every child needs to have a good life are called **Wellbeing**



If you want more examples of what Wellbeing and these indicators mean you can read a booklet called

An easy-read guide to Wellbeing.



Getting it right for every child says people who work with you and your child can help make sure your child has what they need to have a good life.

When they do this they will think about your child's whole world.

This means...



people who are around your child



where your child lives



what is going on in your child's life

They will think about what is good about your child's world and what could be better.

If they are worried about anything they can work with you and your child to help.



Every child and their parents will have one main contact who can help them if needed.

What this means for you and your child

Most children get everything they need to have a good life from...



- their parents
- grandparents, aunts and uncles
- brothers and sisters
- other people around them



But some children might need extra help

Getting it right for every child says...



- every child should have one main contact to support them and their family if they need help



- this person should be someone from outside the child's family
- this person should be someone like a health visitor or a teacher



This person is called a **Named Person**

Children should have access to a **Named Person** from when they are born until they are 18.

What does the **Named Person** do?



The **Named Person** is there to help you and your child if you need it.



Your child's **Named Person** is there to support you as a parent. You do not need to accept the help the Named Person offers to you or your child.

How the **Named Person** can help your child



The **Named Person** is the main contact person to offer help for you and your child if you need it.

If a child needs help the **Named Person** can work with you and your child to try to make things better.



For example...

Your child may not be doing as well at school as they should be.



Or you might be worried that your child is being bullied.



The **Named Person** will work with you and your child. They might give advice or information.



They might ask other people or organisations to help too.

How the **Named Person** can help you



You and your child can ask the **Named Person** for help and advice if you want it.



Having a Named Person means you will know who to go to for help and advice.

Who is my child's **Named Person**?



You might be told who your child's **Named Person** is.



If you don't know, you can find out by contacting your health visitor or your child's school.

Your child's **Named Person** will change as they get older.



Most children will have 3 different **Named Persons** as they grow up.

Between birth and when your child is age for primary school...

their **Named Person** will usually be the health visitor.



When your child is at primary school...

their **Named Person** will usually be the Head Teacher or Deputy Head.



When your child is at secondary school...

their **Named Person** will usually be the Head Teacher, Deputy Head Teacher or a guidance teacher.

What else is in **Getting it right for every child?**

This guide is about the 2 main parts of **Getting it right for every child**.

These 2 main parts are...



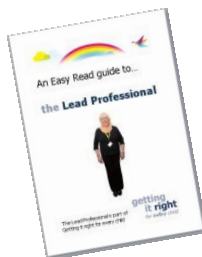
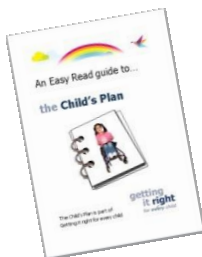
There are 8 things children and young people need to have a good life.



Every child and their parents will have one main contact who can help them if needed.

There are two more parts of [Getting it right for every child](#) that are only for some children.

These parts are for children who need extra support that other children don't need.



These parts are called...

- Child's Plan
- Lead Professional

You can read about these parts in two more guides.

What the words mean

Getting it right for every child

The name of a way of working with children.

This way of working has been brought in to help every child in Scotland have a good life.

GIRFEC

The short name for [Getting it right for every child](#).

Wellbeing Indicators

The 8 things every child needs to have a good life.
Every child needs to be...

- safe
- healthy
- achieving
- nurtured
- active
- respected
- responsible
- included

You can read about what these words mean on pages 7 to 14.

SHANARRI

A word people sometimes use instead of [Wellbeing Indicators](#).

It comes from the first letter of each of the [Wellbeing Indicators](#)...

Safe

Healthy

Achieving

Nurtured

Active

Respected

Responsible

Included.

Named Person

The main contact person who can support you and your child if you need help.

You can read more about the Named Person on pages 17 to 22.



This updated guide has been produced on behalf of the Health and Social Care Alliance Scotland (the ALLIANCE).

The Wellbeing section of the guide builds on the excellent work of the People First (Scotland) Parents' Group.

The ALLIANCE has been funded by the Scottish Government to run a project to help parents, carers and children understand Getting it right for every child. The project is called "Getting to Know GIRFEC: what Getting It Right For Every Child means for children and young people who are disabled or who live with long term conditions".

This Easy Read guide forms part of the project and has been designed to provide basic information to be accessible to parents who have learning difficulties. The content of the guide is the responsibility of the ALLIANCE. It is not a full description of the law or GIRFEC policy.

www.alliance-scotland.org.uk